

AEROBIC MILE CHART

Aerobic Mile EQUIVALENTS

The following list details the minutes of sustained activity that equal the exertion of walking one mile.

Activity Minutes to equal one Aerobic Mile

	Easy	Moderate	Vigorous
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	30	20	15
Canoeing or rowing (4, 6, and 8 METS)	20	15	12
Dancing, social	30	20	15
Elliptical trainer	20	15	12
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running (12, 10, 8 min/mile)	12	10	8
Karate, Judo	15	12	10
Mountain climbing	15	12	10
Racquetball, squash	20	15	10
Rope skipping	11	10	8
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair stepping	15	13	11
Stationary Cycling (50-100-150 watts)	16	13	11
Swimming laps	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Walking (24, 20, 15 min/mile)	24	20	15
Water aerobics	20	18	15
Weight training	30	20	15
Snowshoeing	Moderate pace		Vigorous pace
Packed snow	15 min @ 3 mph pace = 1 walking mile		10 min @ 4 mph pace = 1 walking mile
Unpacked snow	15 min @ 2 mph pace = 1 walking mile		10 min @ 3 mph pace = 1 walking mile

Source: <http://wellsources.info/wn/FITT.pdf>